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ABSTRACT

This supplement to ninth grade mental health units relates mental health to the following occupational clusters: agribusiness and natural resources, environment, health, marine science, communications and media, business and office, marketing and distribution, public service, transportation, personnel services, consumer and homemaking education, hospitality and recreation, arts and humanities, manufacturing, and construction. For each occupational cluster there is a brief discussion defining how that cluster relates to mental health and a project suggestion, which is suitable for individual or group participation. Many of the project activities are, in terms of time, capable of being expanded or compressed. An introduction, which generally discusses mental health within various occupations, serves to orient the student to the packet. (VB)

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MENTAL HEALTH & THE CAREER CLUSTERS

by Marty Welch in association with
the Cleveland Heights-University Heights
Career Development Staff

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To the student:

Ideas about what is mental health have been expanding in the last fifteen to twenty years. Since the late nineteenth century most of the interest in the field was on how to treat emotional and behavioral disorders after they occurred. As a result mental health practitioners can define and explain many forms of mental illness. This is the easy part, since there are a limited number of ways to be mentally ill and abnormal behavior is fairly obvious. However, it is very difficult to define mental health, because there are many ways to act mentally healthy.

The study of normal growths and behavior is increasing. Originally, ideas about what was normal were developed by therapists who were treating patients, and who watched them lose their neuroses. Now much of the study is taking place through observing people in everyday situations, such as schools, places of work or at play. Interviews are being conducted by researchers with families and individuals. At this point most people who work in mental health must depend on information received by observing or by listening to what people tell them.

The human brain has been studied since the first century. However, we know very little about how it works, even though it controls all of our bodily movements and our thoughts and feelings. Research is occurring at the present on the chemical and electrical activities which occur in the brain. It is possible that in the future mental health will be defined totally in psychological terms. There are many occupations associated with this research including laboratory assistants, computer programmers, biologists, physicists, chemists, doctors, nurses, animal caretakers and electrical engineers, to name just a few.

The first people to study the brain were doctors and biologists who became the first psychiatrists and psychologists. For this reason most of the interest in mental health has until recently been on intrapsychic phenomena, that is what goes on in our thinking and feeling. The new focus in mental health, is in community mental health, in which mental health specialists look at the community, the way in which it effects how a person feels, and how its resources can be used to promote mental health. There are some basic requirements for mental health which include adequate food, housing and clothing, a chance to visit with other people, opportunities to play and relax. A mentally healthy person usually has all of these needs met, generally feels that he is a worthwhile person who can take care of himself and give to others, can usually accomplish his work satisfactorily whether it is in a job or learning situation, and is open to explore new ideas and meet new people. Human beings need to be growing intellectually and emotionally at all times, even though the rate at which this occurs varies a great deal with different age groups. One of the problems that the elderly have had is that many people assumed that they could not grow and could not contribute their efforts and talents. It is dramatic to participate in a conversation with an old person who either has lived alone or only with other old people, and watch him contribute more and more to the conversation as he is treated as a thinking, growing, person. Maybe you have noticed this yourself in conversations with your grandparents. All of us respond, when others reach for our ideas and thoughts and feelings. Sometimes this is called "treating a person with respect".

Mental health does not mean always being happy and never having difficulties. However, it does mean that a person can respond constructively and creatively to difficulties and new experiences. At the time of a death of a close friend or a family member, a person needs to be able to adjust to a life without that person. Part of this adjustment involves being sad and yet continuing to live one's life. At times of illness all family members need to be able to work together to help the sick person and the other family members. Can you think of some other difficulties which a family might experience which tests the resources of its members?

An individual or a family's resources are also tested in such pleasant situations as a marriage, the birth of a child or moving because of a job promotion. Being prepared for changes and experiencing changes helps develop a person's mental health. There are many occupations which involve assisting people at these important times, such as salesclerks, movers, real estate salesmen, clergy, teachers, job supervisors, doctors and nurses.

There are occupations which are related to mental health in each of the fifteen job clusters, since mental health is part of each individuals life. Hence, a person may have an interest in almost any field and also have an interest in mental health. To work in mental health related jobs a person must be interested in people, and enjoy listening to and talking with them. Often a person must be willing to work under pressure, work overtime and be able to tolerate disorder, since human lives do not always run in a mechanical pattern. These characteristics are needed to greater and lesser degrees in all work related to mental health. For example, a brain physiologist would not spend as much time talking to people as a hairdresser would. There are many different types of educational experiences which are involved in training workers in mental health, including vocational courses in high school, workshops, institutes, college and post-graduate programs. Some jobs require specific mental health training such as psychology or social work, while others require training in a different field with some information on mental health, such as hotel management or architecture.

In order to explore some of the career possibilities, choose three of the career clusters which interest you. Read about some of the opportunities in mental health in these three clusters and look at the projects. Choose one cluster in which you will complete a project. You will need information which has been presented in the unit on mental health in your health class, information which you have gathered about your interests as well as information which has been presented in this brief overview of mental health.

All of the projects may be completed by groups or individuals and may involve either written or verbal reporting, depending on the usual procedure in your class. Hopefully, all of the projects will stimulate your thinking and creativity, since that is necsssary for mental health and in mental health work.

CLUSTER I - Agri-Business and Natural Resources

People who are interested in plants and animals, know how to grow them and how to utilize their products, could enter careers in the Agri-Business cluster. An interest in the nutritional value of foods and the effects of chemicals, used in encouraging the production of plants and animals, on human beings would lead to issues related to mental health. First of all, it is necessary for a baby to receive proper nutrients in his diet for adequate brain development. Next, as a person grows an adequate diet is necessary for physical health. Having a well functioning body is necessary for good mental health. For example, think of how you feel when you have the flu. Chances are that among the other bad feelings you have, you feel depressed. Part of this depression is because you do not feel as excited and energetic as you usually feel. Malnutrition also contributes to not having very much energy.

Research is also occurring on the effect of additives, used in growing crops, on human beings. Some research shows that some of the chemicals are harmful to human beings either causing brain damage or physical damage either of which could cause a lessening of mental health.

Within the Agri-Business cluster there is another area of involvement which affects people's mental health and that is horticulture. Horticulture involves growing plants and planning how to use them for decoration. Recent research has shown that people feel better when they live around growing plants. Think about how nice a plant looks on a gray winter day. Also, we like to live in places where there are well planned lawns and gardens. Horticulturalists develop plants for use and them help people arrange them.

PROJECT:
Choose A or B

A- You are working on a large truck farm which grows vegetables such as lettuce, tomatoes, beans and cucumbers. You have jsut sprayed the crops with a chemical which has caused you to cough and have reoccurring coughing even after several hours, you find that you are breaking out into a rash. After you have gone to the doctor for treatment, you found out that the chemical caused the problems. What would you do about this? Can you think of ways to prevent other farm workers from having a similar reaction? Do you think that the effects this chemical could have, would affect the people who eat the vegetables that you have sprayed?

Write a report or prepare a presentation on the people you would talk to about the chemical and the things that you would do to find out if it was dangerous.

B- You are a horticulturalist, and either a school or a mental hospital has asked you to come in to advise them on how to use plants more effectively.

1. Choose either situation.
2. Write down ways in which you would like to use plants.
3. What kind of plants would you use?
4. Give reasons why you would use plants in these ways and why you would use the plants that you have chosen.

This may be either a written report or a classroom presentation.

JOB CLUSTER II - Enviroment

Workers in the enviroment cluster are concerned with many different kinds of pollution and the ways in which human beings use or misuse the natural resources. On days in which there is heavy air pollution, many people feel sluggish and depressed. Too much noise around us can make us cross and irritable. Chemical wastes in our water can cause us physical harm. All of these things affect our mental health.

If we use our natural resources positively, our lives are made better by the products from them. For example, land which has been mined for coal has not only given heat, but also has been turned into recreation areas. When this same land has not been used by people who are concerned about the enviroment, there are great scars on the land; people have been forced to give up their farms bacause the land was destroyed by the run-off of chemicals in the streams which were used in the mining process.

Misuse of the natural resource of oil is causing tremendous mental health problems at the present time. Since there has been a shortage of oil, people have lost their jobs and have had a very hard time finding new ones. At the least, this causes anxiety for these people and their families. It has also caused a rise in the crime rate, which has brought anxiety to many other people. Enviromentalists are aware of the close links between natural resources, the enviroment and the quality of life.

PROJECT:

1. Choose whether, as an enviromentalist, you are concerned about pollution or natural resources.

2. Choose either one type of pollution or one natural resource.

3. Prepare a display which shows how your chosen area effects people's lives.

4. Write a paper to explain your display or give a classroom presentation.

JOB CLUSTER III - Health

Many of the occupations which are usually considered to be related to mental health are within the Health clusters. These would include, Mental Health Tachnicians, Psychiatrists, Psychologist and Social Workers. These workers are not only involved with individuals who are receiving some kind of psychiatric treatment but are also involved in preventing mental illness or the reoccurance of mental illness..

Nurses and doctors also have an important role in mental health. People will turn to their family doctor during times of emotional distress and he is involved with the family during illness. Nurses have contact with families in many different situations including in the hospital, as a Public Health Nurse and as a Nurse Practitioner teaching normal child growth and development in a pediatricians office.

Workers in the field of Pharmacology have developed drugs which have led to the improvement of mental patients, and have developed ways of counteracting drug abuse. Many workers in this field are primarily scientists, not therapists.

PROJECT:

1. Talk to your guidance counselor, school social worker, school psychologist or school nurse about how they contribute to the mental health of the students in your school.

2. Ask them about the ways in which they work with other occupations in the school and in the community to promote mental health.

3. Either ask them to tell you more about the activities of other people in their occupations who do not work in schools or ask them to tell you about the work which is done by a person in a different health occupation and how that relates to mental health.

4. Report back to your class through a written report, a talk or a display.

JOB CLUSTER IV - Marine Science

Today we know less about the world under the sea than any other part of the earth. This is an area in which there is a tremendous expansion in job opportunities. The oceans offer great potential for increased food production, minerals and even for new living enviroments. Pollution of the oceans can seriously damage our food supplies and the land enviroment. A large percentage of the oxygen in the atmosphere comes from the plants growing in the sea.

One of the hardest nutrients to supply for people in poor countries in protein. The sea is being explored for additional food resources for protein. The sea is being explored for additional food resources for protein, but is not utilized to any great extent. Protein is essential for good health, which is essential for good mental health.

The opening of the exploration of the bottoms of the oceans have also caused some fascinating questions about man's ability to live and work under the sea. In planning a bathyscaph for marine scientists to live in while they explore the ocean bottom, it is necessary to involve people who can figure out what kind of an enviroment would be most livable under the sea, who can put together teams which can work together well in the situation and who can evaluate the psychological effects of working and living under the sea. A person working in this area would have to have a considerable expertise in both marine science and psychology.

PROJECT:

It has been suggested that human beings might one day live in domed cities on the ocean floor. There is a considerable amount of research that must be done before this is a realistic possibility.

1. List some areas in which it is necsssary to gain more information before this is possible.

2. Give some reasons why one might build a city in the ocean.

3. Design a city in which people could live and work, under the ocean.

4. Explain why you would build it where you have and the way you have, and describe some of the occupations of the dwellers of this city. Explain this city either through a written report or a classroom presentation.

JOB CLUSTER V - Communications and Media

Workers in the areas of Communications and Media are involved in many different parts of mental health. If we communicate clearly to friends, to people we work with, to teachers or to family, we are both showing our mental health and are promoting mental health. The study of how individuals communicate and of ways to improve human communciation is a growing field. Another part of communications is information retrieval and computer sciences. There is more information available in the mental health field than one could possibly ever read. Hence, it is necessary to have ways of obtaining exactly what information we want through computers. Also, computers have made it possible to analyze data obtained through psychological research much more rapidly, which means that it can be utilized sooner.

Some people are very interested in the effects of the visual media on mental health. Violence on television was studied to find out its effects on children. Sesame Street and Electric Company were developed to prepare children for school so that they would do better there. Movies are rated "R" and "X" because it is felt that sex or violence on the screen affect the way young people think or feel. We refer to movies as frightening, happy or boring because that is the way we feel when we see them.

The written media is used to affect attitudes or to give information. Several schools of mental health have thought that this role of the media was so important that they developed special programs on the media and mental health. In these courses they taught journalists ways in which they could influence people more effectively, through their knowledge of human behavior. Also journalists learned about psychology so that they could write better newspaper and magazine articles on psychology and mental health. Graduates from these programs worked as science writers for publications and as information officers for mental health centers.

PROJECT:

1. Think of a movie or a television program which you have seen, which had a emotional impact on you. Think of the feelings that you had watching it and why. Do you think that this improved mental health or not? Note: A film or program that made you feel angry or sad or some other emotion which might be considered negative, might actually promote mental health.

2. Write a newspaper article evaluating this program or film. Recommend the age group which you feel should or should not see the film. In this article use all of the information which you learned in the unit on mental health.

JOB CLUSTER VI - Business and Office

There are many mental health related occupations for people with office and business skills. All mental health organizations need secretaries, bookkeepers and receptionists. The larger agencies need personnel managers and accountants. In any of these work situations, it is necessary to be knowledgeable about mental health and issues relating to it so that the business functions are carried out in a way that furthers the mental health goals of the organization.

Mental health skills are needed by business and office workers in other occupational settings also. A personnel recruiter must have a sound understanding of human behavior and how an individual can fit into the work situation. If the recruiter is recruiting engineers to work in a group project situation, then the recruiter must choose individuals who can work together in groups. If the job requires considerable individual initiative, than a person with those qualifications must be employed.

Another role which requires mental health skills is the occupation of office manager. An office manager sees that the work is accomplished efficiently and accurately, add when necessary co-ordinates the efforts of the office staff on a major product. If the work of an employee becomes poorer, the office manager needs to be able to evaluate whether this is a short term slump due to personel problems or a long term lessening of effort. Often the office manager needs to be able to motivate the office workers to work harder, get along better with other people in the office or be more accurate and professional. Often the feeling of the office and whether it is a pleasant place to work is set by the office manager.

PROJECT:

As a student in schools, you have come in contact with several school secretaries.

1. Describe both the office skills and the personal characteristics which would be necessary to be a good school secretary.

2. Give reasons for each of the personal characteristics.

3. Now act as the personnel manager of the school district. Think of and write out 5-10 questions you would want to ask an applicant for a secretarial position at your school. You might want to get together with another student in your class and role play a job interview with an applicant.

JOB CLUSTER VII - Marketing and Distribution

Many of the occupations in the Marketing and Distribution cluster require a knowledge of human psychology. A salesman must know ways in which people are encouraged to buy a product. A copywriter in an advertising agency must know if the way in which he or she presents an idea will reach the consumer. Most companies involved in marketing and distribution hire researchers to evaluate the effectiveness of their attempts to influence the public.

This way of using what is known about human beings can promote mental health or harm it, If the advertising and selling techniques emphasize human weaknesses or our own insecurities, then it is probably harmful to mental health. However, these same techniques can be used to influence people to take actions which are beneficial to them. In either case certainly the mental health information which has been developed is essential to this job cluster.

This field has produced so much information on human behavior that some of the techniques developed by the marketing industry have been utilized by mental health organizations. One technique which has become widely used is "brainstorming". Brainstroming is used to develop ideas for solving a problem. First, the problem is described, then the individuals in the group which is working on the problem throw out as many ideas as possible for solving the problem. All the ideas are written down and are not discussed and finally several ideas are brought together in a final plan. This technique has been used for developing toothpaste commercials and for ways of reducing street crime in an area. So the knowledge of human beings gained through marketing research has also been used to improve mental health.

PROJECT:

You have been asked to plan a program to introduce new students to your school. New students include both seventh graders and students who are transferring in. The purpose of this program is both to make it easier for the students to fit into the school and to influence them to like the school. The principal thinks that this kind of program will enable new students to be able to do better work academically and to enjoy going to your school.

Think of what information is needed about the school. Think of ways in which it would be possible to enable new students to feel more a part of the student body. How would you sell your school? List some of the occupations which would be used in developing and carrying out this campaign.

If your teacher agrees, you might want to work in a group to plan the campaign and its implementation. Use brainstroming to aid you in planning the campaign. Present the campaign to your class. Option: You may want to use another community or school related issue for your campaign. Define your issue and then plan the campaign and report on it through either a written report or a classroom presentation.

JOB CLUSTER VIII - Public Service

A considerable amount of training in mental health has been given to people working in public service occupations by mental health organization. One group of workers who have received training from mental health centers are people who deal with crime and delinquency including police officers, probation and parole officers, juvenile and family court judges, and guards and matrons in correctional facilities. Mental health instruction has included information on alcoholism, drug absue, suicide, and delinquency treatment and prevention, all of which are being considered mental health problems. In some cities police officers are trained to work in teams, when they must intervene in family conflicts, which constitute a large number of police calls and are the most dangerous for police. Mental health workers train police on ways to talk to family members during a family fight and how and when to refer a family to a mental health center.

Another group of public service employees who perform mental health activities are those who work in education. Teachers, administrators and other school personnel further mental health both through aiding in the growth and development of their students in both the academic and the emotional areas and through recognizing emotional problems and referring students for counseling. Traditionally, guidance counselors, school psychologists, and social workers have provided counseling and testing for students experiencing emotional or social difficulties. The job descriptions of these professionals are being expanded by some school districts to include consultation for mental health in the curriculum, teaching methods and school enviroment. Mental health centers assist in this consultation process both by giving workshpps for teachers and administrators and in some instances by providing the mental health personnel for a school district.

City planners and managers are hired by cities to insure that services which are needed by the citizens are provided, so that the quality of life and mental health is improved. Elected officials must vote for a city to plan for adequate housing, good education, a wide range of specifically mental health and social services and police protection and reduction of crime. In order to carry out this role, they need to know what servides are effective and what the cost will be.

The occupations within the public service cluster which are related to mental health are numerous, and have far reaching effects on all people. In any area in which people are being served there are mental health issues.

PROJECT:

Choose a public service occupation. Describe the population which is served by this occupation. What are the needs related to your service? What is the most efficient way to provide your service? How does your service promote mental health? Share your information with your class either through a written report or a classroom presentation with diagrams and charts.

JOB CLUSTER IX - Transportation

People working in the transportation job cluster are involved in moving people and products from one location to another. Mental health is related primarily to the transportation of people. Mass transprotation such as buses, trains, airplanes and rapid transit can relate to mental health. Often a flight attendant on an airplane needs to aid someone who is flying for the first time and is afraid, or a child flying alone or someone who is flying to another city due to illness or death in the family. They receive training in how to talk to and act with these people.

For the elderly, mass transit is an extremely important consideration. Since many of the elderly either are not permitted to drive or cannot afford a car, they must have transportation in order to shop, to visit friends or to attend recreational activites . If an old person does not remain active, he looses most of his ability to reason and care for himself. Also, inactivity causes anyone to feel depressed and worthless.

Considerable imagination has been used by specialists in transportation and mental health to meet the needs of the elderly, Mini-bus services have been developed to take the elderly shopping and to activities. Special buses have been designed that are easier for elderly people to use. Transportation has been used to bring meals and activities to elderly who are homebound.

Mental haalth issues have also arisen in relation to the transportation needs of the rest of the population. How can a freeway or turnpike be designed that does not put drivers to sleep through monotony? Where should bus and rapid lines be placed to make it easier for people to get to work and shopping areas? How can public transportation be made free of crime so that people are not afraid to use it? How can school busing be made safer so as to reduce the number of accidents? These are all issues which effect the mental health of people and effect many different occupations in the transportation cluster.

PROJECT:

Your city has just received money to plan a mass transportation system for the elderly. Describe the city in which you are working. You may "make up" a city. Where would elderly people need to go? How would you get them there? What kind of vehicles would you use? Would any of them need special features? Describe any personnel that you would need to operate the vehicles, and the system. Report to your class through a paper or a presentation.

JOB CLUSTER X - Personal Services

The occupations in the personal services job cluster involve contact with other people and often the ability to understand their needs. In some of the occupations such as barber, hairdresser, health spa attendant or or masseur, the person using these services is likely to talk about his or her life, both what is going well or badly. Workers in these occupations need to know how to listen well and may need to know where to refer someone for professional mental health help. Anyone in any of the cosmetic occupations aids people by helping them look better and to feel better about themselves.

Bartenders, funeral home operators and clergy are often involved with people at very important times in their lives. A sensitive worker in a a funeral home can help a very upset family at the time of a death. Clergy counsel people not only at the time of death in a family, but also before a marriage, when a new child has been born or when there is a family problem. Clergy are involved in two important aspects of mental health, both promoting normal growth and development through church or synagogue activities such as youth groups and clubs, and through their involvement with families at times of great importance. The more that we are prepared for changes in our lives, the better our mental health. Clergy also refer individuals to mental health centers who are in the need of psychotherapy. Bartenders are also involved with people at important times. Often a person who is upset or celebrating will talk to a bartender, and will listen to his adivse. A bartender is required by law not to serve anyone who is intoxicated. He or she can see that individuals who are alcoholics, are referred to alcohol treatment centers or to the Alcoholics Anonymous. Alcoholism is a major major mental health problem. Since workers in all three of these occupations perform mental health activities as part of their regular work, mental health centers have set up workshops to enable them to be more effective in their listening and counseling.

PROJECT:

Choose any personal service occupation. List the technical skills which you would need. List the interpersonal skills. Where would you receive the training that you would need for both the technical and interpersonal skills? If you do not know this ask someone who is engaged in the occupation. Do you feel that you would like any information or training which could be provided by a mental health center? If so, describe the information or training which you would want. Report to your class either in a paper or an oral presentation.

JOB CLUSTER XI - Consumer and Homemaking Education

Mental health is focusing more and more on assisting individuals and families to function more effectively in their every day lives. Parents are receiving child rearing courses, before problems arise, so that mentally healthy children will develop. Consumers are taught how to buy more efficiently and how to avoid serious debt. Day care teachers and aides assist in the developmental process of pre-school children. Homemakers, from community service agencies aid families which are not able to take care of household jobs because of illness or age.

Since all of the occupations involve interaction with individuals and families and assist them in obtaining as much as possible out of their lives, they all have a mental health component and many require specific training in mental health. A child care worker needs to know what is normal child growth and development and how to assist this process in a school. Interior decorators need to be able to listen to the dsires of the people who wish their services and to be able to take the ideas and develop them into a functional environment, whether a home to live in or an office to work in. More and more jobs are opening up in the consumer and homemaker job cluster as a result of an increased demand for knowledge about the safety and durability of home products. This is very importnat to mental health, since faulty products can lead to death or injury, and consumer knowledge can prevent malnutrition and serious debt.

PROJECT:

Plan a course for a group in one of the areas under Consumer and Homemaking Education. This course could include anything from a vocational education course in child-care for high school students, to a moneymmanagement course to a sewing course. Who will offer it: a private agency, a school district or a city? What materials and information would you need? What would be the mental health value of your course? For information on materials you might want to contact the Consumer Education Co-ordinator for your building. Write a report on the course that has been designed or give a classroom presentation.

J6B CLUSTER XII - Hospitality and Recreation

One of the fastest growing job clusters is hospitality and recreation, since Americans are having more and more leisure time. People employed in these occupations provide the opportunity for people to make productive use of their leisure time. Atheletic directors and coaches assist youth both in their physical development and their ability to work with others to achieve team goals. Recreation therapists are used by mental health centers as part of the treatment program for mental patients. Recreation has been used by social agencies to prevent juvenile delinquency, and to provide stimulating environments for the elderly.

Resort areas and hotels hire program directors to plan recreational activities for different age groups, so that their guests will have an enjoyable experience. These situations provide opportunities for different groups of people to get to know one another, which enables them to grow through new social contacts. Travel is one of the ways in which one expands one's mind through exposure to unfamiliar people and new situations. If this is a positive experience, then one is prepared to encounter other new and different experiences.

A child going away to summer camp for the first time, leaves to develop new friendships both with his peers and adults, gains new skills, and learns how to live away from his or her family. If the camp makes these new experiences enjoyable, then the child will grow, being interested in reaching out to meet other new people and develop additional skills. If this experience is unhappy, then the child will be reluctant to attempt other challenges.

Since recreational experiences are usually enjoyable, recreation workers have often been able to reach youth who would not talk with parents or teachers. Since the primary focus is on the activity, the youth is free to wait until he or she has found the adult trustworthy before talking about his or her feelings. Thus, recrectional activities promote mental health because they encourage people to grow, physically and socially.

PROJECT:

Design a summer activities program for an age group. Include three or four activities suitable for them. Plan for safety and good physical and social growth. Describe the equipment and materials which will be needed What are the mental health benefits of your programs? Report to your class either through a written report or a classroom presentation. Feel free to include pictures, diagrams or any other displays that you wish.

JOB CLUSTER XIII - Arts and Humanities

The Arts and the Humanities both influence mental health and reflect mental health. Art, music and crafts are all used as recreational and therapeutic activities in mental hospitals. Training in these areas either for professional use or recreational use is available for all age levels from pre-school through old age. These activities are particularly important in a developmental way for the pre-school child, who is developing small muscle co-ordination. Child therapists need to have an understanding of children's art, so that they can understand the way a child see himself/herself and his/her world. One's own completion of an art project whether the project is a dance, a drawing or a piece of music, gives one a sense of satisfaction and an appreciation in one's own abilities.

Observing art can also contribute to mental health, whether it is the appreciation of a painting or a concert. Music therapists use music to calm mental parients and to help them gain insights into their problems and solutions. Since the arts contribute to ouw enjoyment of our lives, they aid mental health.

Novelists, playwrites and poets, in the humanities, educated people about human beings long before there were psychologists and psychiatrists. These writers had great insights into why people acted in different ways and into human problems. It is necessary to read some of these authors to gain a further understanding of human psychology aids in understanding these authors.

PROJECT:

Choose one of the Arts or Humanities which interests you. Design a program in which you use this art either to promote normal growth and development or to use as part of a therapy program in a mental health setting. Either in a written report or a classroom presentation describe the program including the age group which will use it, the length of time of the program, the materials which you will use and the mental health benefits of it, particularly why it is of therapeutic or developmental benefit.

Job Cluster XIV - Manufacturing

Manufacturers produce materials which are used in mental health settings, such as furniture, electronic equipment, developmental toys and medications. Also some occupations in a manufacturing organization require mental health skills. A personnel manager helps fit workers to their job. A production manager needs to be able to assess under what circumstances an individual will work best. A union steward listens to the grievances of the workers whom he or she represents and tries to obtain improvements in the working conditions. A labor relations expert will try to improve the ways in which management and workers work together. An organizational consultant will talk with workers on many different levels to find out what is working well and where there are problems, so that he or she can recommend ways for improvement in working conditions and employee relations. All of these roles are very important for mental health, because our job satisfaction and our ability to do a job well are necessary for a positive evaluation of ourself. Often when an individual has a job which he/she dislikes because of a supervisor or other working conditions, or because he/she is not qualified for that job, he/she begins to think badly of himself/herself or will become angry or frustrated. If this continues over a period of time, it will cause a general disatisfaction with life and undermine one's ability to perform well on the job and at home.

PROJECT:

Talk to the Union Representative of either the teacher's union or OAPSE, the union for non-certified personnel about their roles. Ask them about the ways in which it is similar to or different from a similar role in manufacturing. Find out what sort of background they needed to be a union representative. Does the union train them to be able to talk to employers about worker grievances? Ask them to tell you about the importance of the union which they represent in the lives of school district employees. Ask them if this is generally true of unions. Either write a report or give a classroom presentation on your interview.

Job Cluster XV - Construction

Workers in the construction job cluster enjoy working with their hands and creating with building materials. Most of these workers are highly skilled and have received considerable training. both on the job and in the classroom.

One group of occupations in this cluster which utilizes mental health information is the architectures. Architects design buildings in which people are able to work or live comfortably. If your school has had some rooms repainted, go look at them.

How do you feel in a room that is bright and colorful and has carpeting on the floor?

Do you like the bright colors?

Do you like the colors that are used?

If you were an architect or and interior designer, what colors would you use and what would you do to make a school a pleasant place to learn and teach?

If your building has been undergoing construction, how did you feel during it?

How do you think this effects your mental health?

In talking about the school building, as the place where you study, see friends and participate in activities, we have been thinking about just one environment. Think of other environments which effect mental health.

Do you think it is a good idea to have billboards along the highways?

Do you prefer to live in the city, a suburb or the country? What are the advantages and disadvantages of each?

If you went on a trip or a vacation last summer, where did you go? Describe the environment and how it effected you.

PROJECT:

Design an environment which you think would enable the people in it to feel good about themselves, their activities and the people around them. You may work alone or with other students. You may use whatever materials are available in the classroom.

1. Decide on the environment which you want to design.

2. What people will use this environment?

3. What do they need to live in this environment (don't forget basic necessities in your environment)? How mentally healthy would it be be to have a school without heat, in the wintertime?
   Explain how such a situation might improve mental health also.

4. Name some people in the environment who also encourage mental health.